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HONEY SPECIALTIES

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Honey has certain qualities that make it an ideal sweet for holiday cakes, especially those made in advance of the season. Because of its concentrated sweetness it helps to preserve cake that must stand for some time. It adds to the rich blended flavor, and because of its quality of absorbing moisture it helps to keep the cake from drying. For this same reason it is not adapted to use in products that are preferred crisp.

Honey differs from sugar both in chemical composition and in the way it behaves when combined with other ingredients, and honeys differ from each other in this respect. So the product of a given recipe is different when honey is used instead of sugar, and will also vary according to the kind of honey used. While cane sugar is just one sugar chemically, honey contains three sugars, one of which is fruit sugar or levulose. Levulose is sweeter than ordinary sugar, and the sweetness of honey varies according to the proportion of fruit sugar it contains. However, because of the water in honey, it averages about the same sweetness, measure for measure, as ordinary sugar. Fruit sugar crystallizes less readily than ordinary sugar.

Another peculiarity is that, although honey is one-fifth water, the liquid in a recipe where honey is used in place of sugar must be reduced somewhat more than one-fifth, according to the consistency of the honey and the proportion of honey used. If medium-thick honey is substituted for one-half the sugar in cake or quick-bread recipes, reduce the liquid one-fourth. If

honey is substituted for all the sugar, reduce the liquid one-half. If the honey is very thin or very thick, this proportion may have to be altered.

In making honey cakes and quick-breads, mix the honey with the liquid. Bake at the lowest temperature possible for the particular product. This prevents loss or change of the flavor of the honey and also avoids too rapid browning.

Some products that have been tried: Honey and pectin jelly; honey in jams and jellies in place of part of the sugar; fondant, divinity, nougat, caramels; chocolate coated candied apples; turkish paste; gingerbread, brown bread, steamed puddings; cookies; nut bread; white and chocolate cake; meringues and frosting.

(Name of bulletin or circular

may be obtained from

(State extension service or college)

and the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C., has a leaflet, 113-L, "Honey and some of its uses", giving recipes for products in which honey may be used.

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